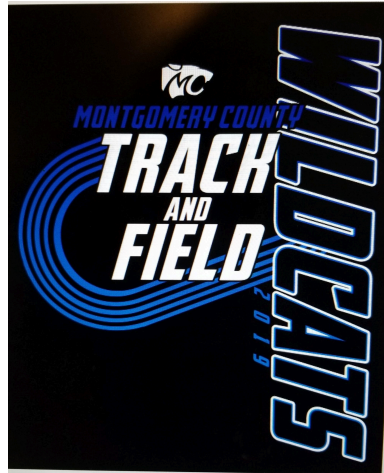


# 2024 Montgomery County Early Invite



Dear Athletic Director and Head Track Coaches,

The Montgomery County Early Invite is scheduled for March 19th, 2024 at 4:15 pm. Field Events will begin at 4:15. Running Events will begin at 4:45. There will NOT be preliminaries

Each school is limited to 4 entries per event and 2 relays. Entry Fees are \$200 (\$100 for boys / \$100 for girls). Please make checks payable to Montgomery County R-II c/o Adam Falloon.

Coaches will be using MileSplit for entries. **Entries open now. The deadline to enter athletes is March 19th at 12:00 pm.** Please do not wait until the last minute to get your entries completed. Late entries will not be accepted.

If you have any questions, please feel free to call me at 573-564-2213 Ext. 2219

Sincerely,

Adam Falloon  
afalloon@mc-wildcats.org  
Activities Director  
Montgomery County R-II

# SCHEDULE OF EVENTS

Coaches meeting at start line 3:45

## **Field Events – Start 4:15**

Boys Discus (Girls to follow)

Girls Shot Put (Boys to follow)

Girls/Boys Javelin (surfaced runway)

Boys High Jump (Girls to follow)

Boys Long Jump (Girls to follow) – Cafeteria style (1Hour 15 Min)

Girls Triple Jump (Boys to follow) – Cafeteria style (1Hour 15 Min)

Girls Pole Vault (Boys to follow)

## **Order of Events – Start at 4:45**

4x800m Relay

100m hurdles

110m hurdles

100m dash

4x200m relay

1600m run

4x100m relay

400m dash

300m hurdles

800m run

200m dash

3200m run

4x400m relay

## General Meet information

1. The first eight places in each running event shall be scored (10-8-6-5-4-3-2-1). The first eight places in relays shall be scored (10-8-6-5-4-3-2-1). In case of ties, the points shall be divided and the contestants shall flip for the medals. Medals will be given for the top 3 places.
2. **4 entries per event, 2 relays for each school.** Athletes limited to 4 events.
3. Scratch Meeting – We will not hold a formal scratch meeting since entries are due the day of the meet. Scratches for field events will be done at the event. No substitutions will be made except for on relays.
4. Facility: The facility is an 8-lane, all-weather track. Please have all athletes wear **1/4" PYRAMID** spikes or less. **NO NEEDLE OR CHRISTMAS TREES!!!!** Please do not wear spikes in the bleachers.
5. Throwing events will have 3 Final throws that will be supervised and we will use a **minimum distance line this year.**
6. Pole Vault and High Jump starting heights will be determined based on entry heights. The bar will be successively elevated 15cm at a time for pole vault. The bar will be successively elevated 5cm at a time for high jump. (*All warm-ups need to be taken prior to the start of the event.*)
7. The long jump and triple jump will be run cafeteria style with a **1hour 15 min** cut time limit. Participants will have Three jumps that can be taken any time during the **1hour 15min**. **After the time limit is up, no additional jumps will be given.** Encourage your athletes to be at field events when not running.
8. We will use a waterfall start for all distance races. We will run boys and girls 3200 together if possible
9. Athletes must report to the bullpen prior to their race. No athlete will be added to a race at the starting line.
10. Team camps will be set up on the North side of the track – between trail and softball field, southeast side of track by pavilion or on West side at the end of the visitor bleachers
11. Press box access - Off limits to athletes and parents. No access to the roof of the Press box.
12. Results will be emailed to all schools if they are needed. Otherwise they can be found on momilesplit. We will do live results if it's working.